DAILY WORD



A MAGAZINE OF SUNSHINE

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OPEI YAM

Guarding Your Thoughts
"Just Where Thou Art"
——Shift the Burden——
Divinely Forgetful
My Heart Is Smiling Smiles Today

A PAGE OF INSPIRATION FOR EACH DAY

SILENT UNITY CLASS THOUGHTS

April 20 to May 19

Steadfastly beholding my innate spiritual perfection, my whole being is filled with light.

I have unbounded faith in the perfection of God's man, now expressed in me.

Omnipresent Spirit substance fills my mind, and prosperity appears in all my affairs.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, Editor

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THE WAYS ARE MANY

At the muezzin's call for prayer,
The kneeling faithful thronged the square;
Amid a monastery's weeds,
An old Franciscan told his beads;
And on Pushkara's lofty height
A dark priest chanted Brahma's might;
While to the synagogue there came
A Jew to praise Jehovah's name.
The one great God looked down and smiled,
And counted each His loving child.
For Turk and Brahman, monk and Jew,
Had reached Him through the God they knew.

—Selected.

THEN LAUGH

Build for yourself a strong box,

Fashion each part with care;

When it's strong as your hand can make it,

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Put all your troubles there;
Hide there all thought of your failures,
And each bitter cup you quaff;
Lock all your heartaches within it,
Then sit on the lid and laugh!

Tell no one else its contents,

Never its secrets share;

When you've dropped in your care and
worry

Keep them forever there;
Hide them from sight so completely
That the world will never dream half;
Fasten the strong box securely—
Then sit on the lid and laugh.
—Bertha Adams Backus.

GUARDING YOUR THOUGHTS

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RE YOU disturbed by the thinking of adverse thoughts? Do you seem to be unable to discipline your mind and to rule out those thoughts that make for

mental and physical inharmony? Then learn the very, very simple trick of guarding your thoughts. Learn how to discipline your thinking so that you will think just what you want to think.

Here is a woman who is thinking adverse thoughts about another woman. Seemingly without any self-control whatever, she falls into the habit of thinking thoughts of jealousy and envy about this other woman. She has prayed and concentrated and treated the situation; she has tried to send the woman love thoughts, but the adverse thoughts persist. What is the solution? How shall we instruct her to discipline her thinking and guard her thoughts of love and truth from being overcome by evil ones?

In the first place, we must recognize that trying to win the cause through a battle of thoughts is almost futile. Trying to think good thoughts harder and faster than we think thoughts of evil is a process that involves mental tension. Such a battle cannot be won entirely by psychology. When adverse thoughts seem to obsess the mind, will power appears to be almost powerless.

What is the right process of guarding the thoughts? If mind power is not to be exercised, what power can we call into play? What is the

power that will work the change without our own mental energies' being driven at full speed? How will the power of Spirit be permitted to do

its perfect work?

It is a very, very simple process. student of metaphysics and spiritual Truth, you have often witnessed the work of Spirit. It has operated in you and in your affairs as divine intelligence. It has revealed to you the uselessness of trying to work through personal consciousness. You have seen that trying to hate others or attempting to entertain thoughts of evil about them will do almost everything but reveal the heavenly way to you. You have seen that working from the standpoint of mind alone cannot give you the things of Spirit—peace, love, and happiness. Spirit has often shown you that you think thoughts of evil because you allow yourself to get into a state of mind in which evil thoughts exist.

During your instruction under the tutelage of Spirit, you have been shown that you must take the impersonal attitude in order to make personal demonstrations, those involving your relations with other persons. The impersonal attitude is the only antidote to the working of personal consciousness. You have been shown that personal situations do not involve other persons in your own demonstration, but indicate to you that you are in personal consciousness. Regardless of how other persons appear to affect your own well-being or seem to stand in your light, as a student of Truth you must cease to blame persons or things or to think of them

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to ua ne as involved in your own failure to overcome. You must recognize your demonstration as your demonstration, just as if there were no other person in the world but you and you were think-

ing evil, personal thoughts!

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How shall you guard your thoughts? Be not anxious about thoughts. Be more concerned about your loyalty to Spirit. Do you not accept as Truth the things of Truth that Spirit has revealed to you? Were Jesus Christ to appear before you and say to you, "Look to Spirit instead of to personality," would you not do so? Could the Spirit of truth in Christ, in person, mean more to you than the Spirit of the impersonal Christ, of impersonal Truth?

Cease to look to persons and things as they appear. Cease to think of your seeming separation from Spirit as caused by the intervention of some personality. Cease to struggle with thoughts. Just give it all up and cast your burden upon the Lord. In the maze of personal consciousness you cannot find your way out through thinking personal thoughts. You just have to give up the whole thing and turn to

Spirit, instead.

But what is the simple process of guarding your thoughts? The simplest thing in the world—the business of doing nothing, of absolute personal detachment from the whole situation.

If you think that another dislikes you, cease to think about him for a while. The very situation shows that you are in personal consciousness. Do not try to think about him or to treat

the situation while in this attitude of mind. Give it all up just as if he and the situation had never existed. Neither the personal man nor the personal situation ever existed in Spirit.

Turn in thought to God. Live for a while in that realm where there are no thoughts of persons, personal limitations, and personal shortcomings. This experience will refresh your mind and guard it from the thoughts that you would avoid. You will have attained your purpose just by doing nothing about the very thing that has caused worry and tension. You will be resting in the presence of Spirit.

Out of this experience of giving up personal thoughts and just resting in the presence of God will come power—power to handle any situation, power to correct existing evils, power to overcome. From it you will see yourself, the world, and all your fellow beings in a new light. You will be free from the old worries, fears, hates, and feuds. No longer will they exist for you, since they do not exist in Spirit and in Truth.

The Spirit of truth will stand guard over your thoughts. You will not need to struggle and strain to deny evil and to grasp the good. You will exist in heaven, where there is only good. You will cease to live on the personal plane, where you must be busy sorting thoughts, killing out one kind and nourishing the other. This is the way of Spirit, the way of freedom, the way now open to you.

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O WHAT extent do geography, place and space, latitude and longitude, have power to affect or limit man's happiness and success? On almost every

hand we hear the cry, "If I were only somewhere else, I could be happy and successful. If I were only in some other environment, I could work out my soul's salvation, make my ideals become real!"

In this connection there comes to mind a little Unity song, one that the great world needs to know and to sing as its watchword for happiness and success. Just give attention to these words:

Just where thou art, lift up thy voice, And in the Savior's love rejoice; Sing out the song that stirs thy heart, And live for God, just where thou art.

Does this not sound like a message from heaven? Where are we to lift our songs of joy and praise? Where are we to live and to rejoice? In the anticipation of living in some strange and distant city? In dissatisfaction with our present station and environment? Is there any promise of finding God and happiness somewhere else or at some other time? No! Just where we are right now is the place for us to lift our hearts in song, to rejoice in love divine, to live a life free from bondage and limitations. This teaching of living life right where we are has power to remove much of

the discontent and dissatisfaction prevalent in

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the world today.

Where shall we find a place where the inner sunshine is freed from all human-made veils and its light is released to flood our whole beings? Where shall we shine with the splendor of God? In some far-off heaven? If we live in the valley, shall we listen to the voice of discontent and believe that God is not in the valleys, but only in the mountain tops? The song continues:

Just where thou art, shine forth and glow; Just where thou art, 'tis better so; Serve thou the Lord with perfect heart, Not somewhere else, but where thou art.

Can we serve God, express the higher self within us, by having our thought on distant places while there are tasks at hand to do? Shall we be darkened in consciousness here, but try to live in anticipating some realm of light afar off? Shall we try to inspire others about us and make our present environment one of light, inspiration, and beauty? Listen!

Just where thou standest, let thy light Shine forth for Jesus, clear and bright; This is the soul's appointed part, To be a light, just where thou art.

Shall we be fearful and discouraged about the outcome of the problems of today? Shall we lack faith in the power of God to remedy conditions? Shall we let the picture of adversity and failure come to mind, or shall we in

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keep our thought centered on "God and right and heaven"? Should we be quick to perform the little duties and tasks at hand in order to usher in the kingdom of heaven right now and here? Has the spirit of song something of harmony to share with us in order to keep us true to principle and courageous to meet the issues of the day?

Just where thou art, be brave and true; Keep God and right and heav'n in view; Always alert to do thy part; Be brave and true, just where thou art.

"But," you say, "it seems to me that the work that my friend does would be better for me. His work seems to be freer of the shadows, burdens, and hardships of life. His 'appointed task' seems to me to be the one that I should have. He seems better able to serve God, to live an ideal life, to express his soul's longings, than I do. What is the reply to this?" Here is the right answer, just as if your question were anticipated and the song written just for you:

Some paths may seem more fair and bright, Some lives more luminous with light; Serve thou the Lord with voice and heart, Not somewhere else, but where thou art.

The writer of this song had in mind but one person, the one dissatisfied with his environment and position in life. No doubt, when he penned the lines of this song poem, he had seen the fallacy of trying to live in another world or in another environment or position while at hand there were tasks to be performed. He recognized that a person never grows out of an environment presenting problems and limitations until he has mastered that environment.

He found that on the very spot where he was standing was the place for him to shine with joy, do his "appointed task" in life, and glow with the inner knowledge that God, the good, was right at hand and that he was one with God's countless blessings. The message conveyed in his poem was not written to some fictitious person of poetry. It was written to every person in every time and in every place that would listen to his voice. It is the message of the poet, in his attempt to rouse men and women to live happily today and in their present environments.

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The school boy must master the lessons of the first grade before he can master those of

the second.

"Just where thou art" is the place where the big transformation must take place. You must do your "appointed task" lovingly and thoroughly. You must "shine forth and glow" right where you are in order to merit what appear to be better things. Possibly, after your mental attitude has changed, you will find that the "appointed task" "just where thou art" is the best work in the best place.

SHIFT THE BURDEN

Are your shoulders bowed by trouble?

Do your worries seem to double?

Shift the burden.

Of the cares that you are bearing—
Responsibilities you're sharing—

Not a one is worth the caring.

Shift the burden.

Burdened now by careless thinking?
From the future are you shrinking?
Shift the burden.
Of the worries, cares, and fearing
For the friends that are endearing,
And the crisis that seems nearing,
Shift the burden.

Stop that worrying and fretting;
Help divine you are forgetting.
Shift the burden.
From the Lord your thought's been straying;
Learn to drop the load that's weighing
On your heart, and do some praying!
Shift the burden!

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DIVINELY FORGETFUL



BOUT SIX months ago a very remarkable book appeared in the metaphysical world. That book was called "Remember." The author had been thinking

about and writing on the subject of remembering the finer things in life for many years, and finally his thoughts on the subject were put in book form under the very intriguing title. "Remember."

I recall being in a bookstore on South Grand Avenue in Los Angeles one morning about the time "Remember" was scheduled to appear, and virtually every customer that came in either made inquiry for the book or else left an advance order for it. The publishers tell the story of one woman who wrote for a copy, but, unable to recall the title, described its contents, and said, "I have forgotten the title!" In the language of a popular song, she "forgot to remember."

Those who are able to remember "the good, the true, and the beautiful" in life must also cultivate a sense of forgetting-forgetting mistakes, failures, shortcomings, and their kind. They must "forget . . . the things which are behind." They must remember to love when hate seems active, remember to take heart when fear is on every hand, remember to live when the temptation to yield to death is almost overcoming.

"God hath made me forget all my toil." How refreshing it is to be divinely forgetful! What a promise: "I will forgive their iniquity, and the adr thi "R tra and

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to bog their sin will I remember no more"! What an admonition: "Remember ye not the former things"! And then we whisper back to God, "Remember not the sins of my youth, nor my transgressions," and have the peaceful assurance that even God can be divinely forgetful.

Is God forgetful? Does not the principle of love also have power to hate and to revenge? Does not Divine Mind record in its memory, does there not exist in the mind of perfect thought, knowledge of the personal shortcomings of man? No, in the perfect mind of universal Spirit there is no place for imperfect thought and memory of personal faults. God can be divinely forgetful because He has no evil thoughts to forget! There is no record in the mind of God of any of your shortcomings. In His sight you are whole and perfect.

You can forget the memory of your mistakes if you realize how easy it is to be divinely forgetful. How easy it should be just to cease thinking of unpleasant situations of the past as if they had never happened! In the mind of God they have never happened. Why should they exist in your mind? Forget personal shortcomings, slights, and mistakes. Remember! Remember "the good, the true, and the beautiful."

Truly it seems as if it were by divine inspiration—in this day when men are inclined to think of mistakes and shortcomings—that "a

book of remembrance was written."

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low hat and My Keynote for Today: The faith that removes mountains clears every obstacle to success from my path and I succeed through faith.



HE MOUNTAINS that seem to loom before us as barriers to our progress, the difficulties that beset us on the path of life, are but reflected, exaggerated ev

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beliefs in failure. They are like tissue paper screens painted to imitate mountains and, observed from a distance, appear to be impassable barriers. Even the slightest touch, the smallest pressure against them, causes the illusion to be disturbed and the "mountain" snattered.

If we think of the mountains upon our path as but the objectification of adverse beliefs, as mirages appearing in the wilderness and desert of ignorance, we begin to think of such mountains as but false visualizations of mortal be-

liefs, hallucinations.

The faith that removes mountains is the confident assurance that in reality there are no mountains, no obstructions to the action of Spirit; that there is nothing to retard the work and progress of God and Truth. Such a faith is but a confident assurance that dissolves mortal belief in obstructions and failure.

A faithful man shall abound with blessings.

—Prov. 28:20.

My Keynote for Today: The peace of Divine Mind fills my mind completely and every inharmonious belief is dispelled. I am at peace.

HEN THE MIND is filled with thoughts of peace, is conscious of the presence of God as peace, there is no room for any belief in inharmony. If

the thought be centered upon peace as the omnipotent reality in God's world—our world, in Truth—then the mind does not lend itself to

beliefs that would destroy peace.

We find peace when we turn away from the argument that justifies inharmonious conditions. As long as conditions seem to have power to produce inharmony, they will do so. When persons and things are endowed by our belief with the ability to cause us to be inharmonious, inharmonious conditions appear in our life as the result of our belief.

Peace is the normal state for the person who has found God and Truth. The person who turns from the illusion of a world of inharmony is rewarded by the compensation of peace. He finds that peace has always existed in the very place and at the very time that inharmony sought to make its presence and power felt and

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Live in peace: and the God of love and peace shall be with you.—II Cor. 13:11.

My Keynote for Today: I give up all anxiety and worry about the outcome of my affairs. I am care-free because in Truth and in Spirit there is no occasion to doubt God.



O WORRY is to doubt the working of God, feeling that God's help will be delayed or withheld. If the person who worries could always sense the assur-

ance that God would lend His aid at the right time, there would be no occasion for worry. If he knew that Spirit was in command of every situation, there would be no need for anxiety.

A perplexing situation either causes worry and, thereby, a seeming helplessness, or else it proves an opportunity for the individual to stand aside for a while and see the work that the peace, good judgment, and power of Spirit can accomplish through him. Anxiety is indicative of the individual's tendency to think that the issue is too much for Spirit. He thinks that some person, thing, or circumstance will prove either of greater power than the power of God, or as mighty to usurp the omnipresence of Spirit, as capable of thwarting the work of Spirit through the claim of time and space.

The person who is care-free can give up personal anxiety and stand witness to the unfail-

ing action of God and Truth.

Be not therefore anxious for the morrow.—Matt. 6:34.

My Keynote for Today: The very spirit of newness is quickened within me. Mentally I am quickened to new viewpoints; physically, to a sense of physical newness.

HINK of the spirit of newness as always quickening you to purity, newness, youth, and life. Such purity is a cleansing from the sense of oldness and age,

a yielding of crystallized and obsolete ideas, a discarding of old body cells and of the appear-

ance of physical disintegration.

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The spirit of newness active in us mentally and physically is but the Spirit of God active on the mental and physical planes. God appears in the way and on the plane in which He can best serve us. On the mental plane He inspires us to new and exalted ideas; on the physical, He quickens us to bodily purification, newness, strength, and health.

Give up all thought of the Spirit of life as responsible for disease, decay, and death. Think of Spirit as alive, *your* life; as whole, *your* wholeness; as strong, *your* strength; as eternal, *your* eternality.

Cease to think of years as having any power to limit the Spirit of newness, youth, and life. Man's belief in time does not affect God's principle of new life.

Renew a right spirit within me.-Psalms 51:10.

My Keynote for Today: The life of God in me causes me to cease to think of myself as ever limited in life or separated from it. I am eternally alive, mentally and physically, in Christ.



UR CONNECTION with life is primarily mental, since through thought we come into a closer relation with life or else think of ourselves as detached

from it. Consequently, by thought we draw closer to God—life—become more closely identified with Him, and eventually become so unified with His life that we continue to think of ourselves as eternally one with it.

Death results when there is a failure consciously to realize man's oneness with God as life. The link between the universal spirit of life and man's own indwelling spirit is broken. Man ceases to be fed in mind, soul, and body by the great Father of all life.

Jesus brought to man the truth about life and man's immortality. He knew that the Christ in Him, the Spirit of life, could never die. By manifesting this truth He abolished death and established the Christ consciousness of eternal life.

Our Savior Christ Jesus, who abolished death, and brought life and immortality to light.—II Tim. 1:10.

My Keynote for Today: I live in a world above all belief in the prevalence of injustice. In this world I am no longer unjustly treated, neither do I deal unjustly with others.

OES INJUSTICE seem to have a part in the world in which you live—a world of personal consciousness, envy, competition, and personal animosity?

Have you learned how to exalt your thought and lift yourself out of all contact with injustice and kindred adversities? Have you found the world of Spirit, the world of Truth, reality, and perfect justice? Lift yourself out of the belief that you, the son of God, can be dealt with unjustly. Cease to think of yourself as having any relation to injustice.

Rise to the consciousness in which God, divine justice, rules supreme. Think of Him and His justice as ruling you and your affairs at all times. Know that you live in a world in which in reality there is naught but God, naught but His judgment and justice.

In such a world, can you feel that others deal unjustly with you, or can you have a desire to be unjust with them? No. In the consciousness of perfect justice you realize that there can be no injustice. You know that God as perfect justice is always expressing Himself.

As ye would that men should do to you, do ye also to them likewise.—Luke 6:31.

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My Keynote for Today: As the temple of the living God, my body is now purified of all disease and expresses the presence of God as life and health.



HAT is your body? Something material and physical? Something under the laws of matter and subject to physical decay? Something subject to pain,

disease, and death?

Viewed from the light of holy teachings and seen through eyes of Spirit, your body is the temple of the living God. Where God abides there is neither impurity, pain, disease, nor death. Where God dwells there dwell purity, wholeness, life, health, strength, perfection.

To purify your body you must purify your thought, remove from your mind every belief in disease. The thoughts that have been producing impurity, disease, and imperfection must be changed to those thoughts that cause bodily beauty, wholeness, and perfection to appear. The belief that your body is material and physical must change to the truth that it is the temple of the living God.

Think of your body as God's temple and you will begin to feel His presence expressing itself in and through you. You will come to know God as the source of your life and health.

My Keynote for Today: The Christ consciousness inspires me to the freedom that delivers me from all sense of mental or physical bondage or limitation.

ESUS brought men the Christ message of freedom. He taught them that Christ within them was free, under no bondage, without limitation. He was

proclaimed a Savior because He saved them from their ignorance, delivered them from sin, disease, and death, and freed them from every conceivable bondage to man-made limitation.

The Christ consciousness—the realization of truth, love, fearlessness, and freedom—sets us free from ignorance, hate, fear, and limitation. Knowing the truth of Being we are liberated from the ignorance and bondage of the race. We are no longer bound by malicious and adverse beliefs when we accept the Truth of Christ as our freedom.

Mental bondage is broken when we cease to entertain binding thoughts. If we think of ourselves as bound by fear and hate, we cannot exercise the freedom of divine love; consequently, in order to break such a bondage we must break all connection with thoughts that bind.

He hath sent me . . . to proclaim liberty to the captives.—Isa. 61:1.

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My Keynote for Today: The Spirit of the Lord removes every obstacle from my path and directs my feet in the way that they should go.



HE PATH of him who is not conscious of his true and real position in life may be beset with many dangers, offering many obstacles to his progress, at-

tended by indecision and insecurity. Such a person is not conscious of his oneness with God, who is always guiding and directing man and his work in the great universal plan. His feet are insecure. He is hesitant and given to indecision.

We must realize that Spirit is with us at all times, under all circumstances, guiding and directing us as only Spirit can. We must know that our work is spiritually directed. We need to think of Spirit as mighty to remove every obstacle to the advancement of Spirit and every obstacle to our own progress, since we are spiritually guided.

Are you hesitating today about what to do? Then just seem to stand aside with all your personal problems and indecisions, and let Spirit prompt you as to what to do. Let your work be the work of God, but be ready to do as He directs you.

Make straight paths for your feet .- Heb. 12:13.

My Keynote for Today: The love of God within me transforms every rebellious, unkind, and hateful thought into thoughts of love. I am loving.

OVE HAS power to change your every adverse thought into one like itself.

Love is magical in its action and is a miracle worker. All that is contrary

to Truth must yield to love. Every thought based on fear or hate must be dissolved through

the power of love.

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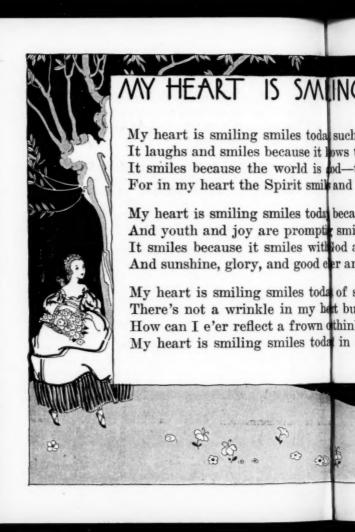
Have you hateful thoughts? Are you fearful? Then turn in thought to God, divine love. Direct your attention to the innermost point of your being, where God as love is enthroned. Feel that you are standing before this mighty presence, one before which no thought or semblance of hate can appear, and that love is being showered upon you.

Know that the Spirit of this presence goes with you wherever you go, that the Spirit of love attends you, causing love to be sensed and recognized wherever you may be. Since God as love is omnipresent—since love is all the presence and reality that there is in Spirit and in Truth—think of love as filling your world.

Live in the world in which you consciously

know love as all in all.

He that loveth not knoweth not God; for God is love.—I John 4:8.



MING SMILES TODAY

toda such smiles as bring good cheer; e it lows the nothingness of fear; d is od—there's nothing else to do, smile and Christ is smiling, too.

tods because there's love within,
mpt; smiles—their smiles are bound to win.
withod as glory fills the air,
ood der are really everywhere.

toda of sunshine it partakes; ny het but those that smiling makes. own othink good meets defeat? toda in smiles my world's complete.



My Keynote for Today: I lose all tendency to find fault or to magnify the shortcomings of others. Forgoing condemnation, I express the spirit of praise.



ONDEMNATION very often comes about not because the one under condemnation has faults to be revealed, but because the one who would con-

demn is in personal consciousness, that attitude of mind in which personal shortcomings are

proclaimed.

Cease to think of yourself as in a position to think about the shortcomings of others. Do not think of yourself as privileged to look at their shortcomings. If you take this attitude you eventually find that your thought does not run in this direction. You will not only help them, but you will also help yourself. Your redemption from personal consciousness will draw nigh.

If you start to find faults you will find yourself ushered into a world where faults are prevalent and conspicuous. The few faults that you thought you would point out become a multitude of faults. In the process your own personal faults will be revealed, possibly by others. Then personalities will clash, and the

world will appear to lose its beauty.

There is therefore now no condemnation to them that are in Christ Jesus.—Rom. 8:1.

My Keynote for Today: God, the principle of universal Truth, the law of life, now frees me from all belief that I am under laws of limitation.

ANY PERSONS feel that their whole life is cramped and bound by laws, rules, and regulations. They live in a world of "You-cannot-do-that." Life

for them is hedged in by laws that they make for themselves or by those laws that are made for them. Making laws for themselves, they resemble persons who would make prisons for themselves and then beat against the bars.

The law of God is the law of freedom from bondage and limitation. The law of life and health sets us free from the so-called law of disease and death. The law of prosperity breaks

the bonds of lack and failure.

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The law of God may be thought of as no law, since those who understand the law of God live in a world free from the self-imposed laws of the race. The law of God is the law of the free and unrestricted life of Spirit.

If you would be free from the bondage of laws, cease to resist them. If you seek to be delivered from the laws under which you find

yourself, cooperate with them.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.

-Rom. 8:2.

My Keynote for Today: Christ, the perfect mind unified with a perfect body, now appears in me as my own mental and physical perfection.

HAT DOES Christ represent to you? Something identified with Jesus, whom you think of as mysteriously existing in another world and in another age?

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Or something identified with yourself right here and now, something spiritual and divine within you, relating you to Jesus and causing you to feel above and beyond the sordid things of earth?

"Christ" is the ideal man, or God's idea of perfect man. The man Jesus is spoken of as the Christ because He consciously demonstrated and manifested His God self in mind and in body.

Christ is the type of mental perfection. We call perfect spiritual-mindedness "the Christ consciousness." Those who are in the Christ consciousness are measuring up to the Christ standard.

Christ typifies physical perfection. We speak of Christ life, Christ power, and Christ strength, meaning the life, power, and strength that are of God—whole, entire, and perfect.

Unto a fullgrown man, unto the measure of the stature of the fullness of Christ.—E.ph. 4:13.

My Keynote for Today: My world is a world of joy, and naught but joy can be expressed in me and through me.



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EASE to think of sorrow and depression as yours, or as something identified with you. Do not let your joy be limited by your thoughts of depression.

Do not be affected by your own belief that depression can cause you to be cast down.

Live in the world of Truth and Spirit, the world in which Truth reigns supreme, the world in which there is no sorrow. God as joy now fills His world, our world, with His presence, the presence of joy. We have but to lift our thoughts away from sorrow to sense His joy.

Think of sorrow as entirely mental and as something that ceases to exist when the mind changes to joy. The person most engrossed in sorrow becomes joyful when he releases his hold upon the thought of depression.

Man by nature should be joyful. He should be happy that he is the son of God, the child of perfection, created perfect. He should rejoice that in Truth he lives in a world of beauty. He should be of good cheer, because he knows the truth of Being and understands his true relation to God, to all other life, and to all other creatures.

This my joy therefore is made full .- John 3:29.

My Keynote for Today: In God's world of reality, my world in Truth, there is no evil. God, the good, fills my life and my world to completion.



E EITHER live in a dual world—one in which we see both good and evil, see God, the good, sharing His omnipotence with some evil nature—or else we live

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in a world in which God reigns supreme as

omnipotent good.

You ask, "Is there no evil in the world?" Yes, in the manifest world, the world of dual-mindedness, there are both good and evil. But in the ideal world, the world of God the good, now coming into expression, there are only God and His manifestations. God's world is the world of reality, the world of Truth. God alone exists in the ideal and perfect world; hence, only good exists in the heavenly kingdom.

All that is recognized in Truth is good. All that is of God or like God is good. In God's world everything partakes of His likeness. In His world we see His image and likeness every-

where manifested.

When we center our thoughts upon God, the good—the one and only reality—we fill our minds with thoughts of God and fill our world with only good.

God saw everything that he had made, and, behold, it was very good.—Gen. 1:31.

My Keynote for Today: I am one with God, the one Presence and one Power in Truth, unifying me with the one life back of all persons and all things in Spirit.

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O NOT think of yourself as apart from the great universal unity connecting all things in Spirit. You are one with the life and presence of God back of

all existence and being. You are one with all persons and all living things, since the life of God in them is the same life by which you live.

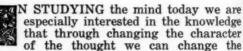
Give up thinking of yourself as living apart from life. You can be detached from the world—its foibles and illusions, unrealities and confusions—without trying to hold yourself apart from the true unity and spiritual universality back of all that lives.

Often affirm that you are unified and identified with God, the one life and the one power. Think often of yourself as inseparably related to life eternal, power without peer, strength unchallenged. Know that there is nothing to contest the authority of the One. Since you are one with it, there is nothing to challenge the power and authority of Spirit within you. There is nothing more than God, the all.

The high and lofty One that inhabiteth eternity, whose name is Holy.—Isa. 57:15.

SATURDAY, MAY 17

My Keynote for Today: New and vital ideas now refresh and recharge my mind, and my body is renewed and transformed through new energy and new life.



character of the body. Accepting this as truth, we have the desire to give up such thoughts as produce disease and weakness and to think those thoughts that cause health and strength to appear.

New ideas about life cause a sense of newness to manifest in the body. Thoughts of power cause powerfulness to externalize as body power. The belief in man's perfection as the son of God causes mental and physical perfection to manifest.

Have you been thinking thoughts of disease? Has disease appeared in your body? Have you seen physical evidences that betray the adverse aspect of your thoughts? Then change your thoughts. Exchange thoughts of disease for thoughts of health and thereby discard disease for health.

Be ye transformed by the renewing of your mind, that we may prove what is the good and acceptable and perfect will of God.-Rom. 12:2.

My Keynote for Today: As the son of God, I am no longer the son of misfortune or disease. God is my Father and I am His son.

IVE UP all belief that you inherit physical limitations or disease. Give up all thought about a parentage in which woes of the flesh are involved.

Cease to think of yourself as born of matter.

In Spirit you are the child of God, born of a parent divine. From this Father-Mother you inherit life, health, and perfection. The "second birth," so often misunderstood, takes place when you cease to think of yourself as born of flesh and accept the truth of God that you are really born of Spirit.

Give up the old theological teaching that you are a worm of the dust, a child of Satan, a son of perdition, and realize that in Spirit you are actually the son of God, always have

been, and always will be.

"But," you say, "I think this and do that and, therefore, cannot be a son of God."

What you think yourself to be does not alter the truth of the situation. All persons must give up their personal thoughts and accept the universal truth of their sonship.

They are equal unto the angels; and are sons of God, being sons of the resurrection.—Luke 20:36.

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our acMy Keynote for Today: I lose all tendency to be impatient because I patiently trust God to bring good to pass in all my affairs.

> E BECOME impatient through failing to trust God. By impatience we show that we think of some other power as able to delay or thwart the work of

God. We doubt that God will bring good to pass or that help will come when it is needed.

The impatient person usually lacks a sense of reliance on God and of faith in His power. Such a person in an emergency feels that disaster will appear before God's aid comes to hand. He is impatient because he fails to see the invisible help that, even at the time of his impatience, may be causing a change in his affairs.

We lose the feeling of impatience when we see ourselves and all our affairs as under the great universal plan. According to God's plan, nothing is in disorder. God's aid is never with-

held. God's help is never delayed.

By patiently looking for good to appear, we help it to come into visibility. When our eyes are lifted out of doubt, fear, and impatience and are fixed upon Spirit, we see God's aid coming to our rescue.

And the Lord direct your hearts into the love of God, and into the patience of Christ.—II Thess. 3:5.

SILENT UNITY CLASS WORDS

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The promise of Jesus Christ, "When he, the Spirit of truth, is come, he shall guide you into all the truth," is now fulfilled in me.

I bear witness to the truth that God is my health, and the health of all His people.

I bear witness to the truth that God is my unfailing resource, and I am prospered in all my ways.

My Keynote for Today: My eyes are filled with the purifying, healthy, strong life of Spirit, and I have power to see all things distinctly and perfectly.



ET the purifying life of Spirit clear your eyes of all cloudiness. Let the healing and strengthening life of God make them whole and strong. Let the power of Spirit manifest in your eyes as your

power to see.

What will this process of "letting" do to your eyes? It will make you passive and your eyes will relax from all inclination to be tense. If you take the attitude of letting Spirit work in your eyes, you will not strain them or think that difficulty is involved in the process of seeing.

Your eyes are God's eyes. Through them Spirit functions as perfect sight, thereby beholding a perfect world spiritually created. Through your eyes God looks upon your world

and pronounces it very good.

As we develop inner vision—the power to see ourselves and all things as God sees us and them-we find that our eyes manifest this power. That which is spiritually perceived is expressed in the manifest world.

The eyes of them that see shall not be dim. -Isa. 32:3.

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My Keynote for Today: My heart expresses the peace and love of God because through me God is now manifesting Himself.

OMEHOW, we instinctively think of the heart as the seat of the deeper spiritual affections. In the same way we may know that, when we lack a conscious-

ness of these, the heart seems to be lacking in something. The person who lacks love in his life may feel that there is a void in his heart or about it. If he has a feeling of great love, then the heart seems to glow with love and peace.

There are those who shut themselves away from other persons and thereby try to live independently of others. Those who do this seem to shut themselves off from the great heart throbs of the universe. We can see that a good metaphysical treatment for the heart is one whereby the individual feels himself unified with all life and is conscious of the life flow of universal Spirit flowing through his heart and that of all others in the world.

Your heart relates you in a most intimate way with the life, love, and peace of the universe. When you realize this truth, your heart is relieved of any trouble and is strengthened by the love of Spirit that is permitted to flow in and through it.

Let your heart therefore be perfect with Jehovah our God.—I Kings 8:61.

My Keynote for Today: The pure, clean, healthy blood and life of Spirit circulate through me, purifying, healing, and strengthening me.



HE NATURE of your blood indicates to a great extent the nature of your health. The blood represents a measure of the life of Spirit, appearing in

such substance as is necessary for purifying and nourishing the body. When we realize that the purifying, cleansing life of Spirit flows through us, the blood is purified and saturated with healing life.

The primary function of the blood stream is that of a cleansing agent. The blood flows throughout the body, bearing revivifying cells and gathering up dead cells and waste matter. Spiritual consciousness and pure blood go hand in hand, and those who would develop spiritually must expect their blood to possess great power to cleanse and to purify.

The nourishing function of the blood performs the work of carrying spiritual life to physical cells and organs. Rich, pure blood is like manna from heaven. It is food for a starving body, refreshment for fatigued nerves, nourishment for overworked organs.

I will cleanse their blood, that I have not cleansed.—Joel 3:21.

My Keynote for Today: The light of God now dawns upon my consciousness, as my perfect understanding in all things.

B

Y NATURE man is endowed with power to understand everything that appears in his world. If this were not true he would not have power and

dominion over all things. This power being God-given, it follows that his power to under-

stand is spiritually bestowed upon him.

Do you lack knowledge and understanding? Then turn to the light of Spirit within you. Either you will have this light dawn upon your consciousness as light or inspiration, or else you will be spiritually led to the very information or understanding that you seek.

Do not think of yourself as ignorant. Do not make such statements as "I am ignorant on the subject." Remember I AM is the Spirit of God within you, and I AM is light and inspiration. Even the silent affirmation, "I am the light of God," will often raise your consciousness to the plane of spiritual perception.

When the light of Truth dawns upon you,

your whole being will be filled with light. This mental and spiritual illumination will illumine

your whole being.

Then shall thy light break forth as the morning, and thy healing shall spring forth speedily.—Isa. 58:8.

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My Keynote for Today: At all times and under all conditions I am able to keep in communion with God. Thus do I abide in constant prayer.

N ORDER to abide in communion with Spirit within us, the very spirit of our life and being, we must keep our attention fixed upon it, regardless of the

issue at hand. Whatever the situation, we must always let Spirit, the principle of Truth, dominate it. We can do this by keeping constantly in prayer.

Do you think of prayer as some mysterious,

solemn, forbidding proposition? Something reserved for Sundays or emergencies or old age? Something impractical and unavailing? Then discover the truth about prayer and practice it.

We are in prayer when we are in communion with Spirit within us. When we realize that the spirit of good is in ascendency, and that all things in our world are subordinated to it, we are in communion with Spirit and we are in prayer. When we realize that Spirit is the source of our health and supply and that health and supply are ours now and here, our prayer is being answered.

Learn to go through life in the spirit of

prayer.

They ought always to pray, and not to faint. -Luke 18:1.

My Keynote for Today: I no longer think of myself as living in a world of sin. In Spirit, I live in heaven and I see my heavenly world now appearing.



HE WORLD to us resembles our view of it. The reformer sees the world as a place of iniquity. The Hindu sees it as illusion. The practical Christian be-

holds it in the process of becoming transformed, of losing its worldly character and becoming transformed into a heavenly place.

If you think of the world as a place of ugliness, it will be an ugly place to you and you will become like it. If you try to reveal its sins, you will find them multiply before your sin-seeking eyes. If you think of the world as a den of rascals, you will not be disappointed in looking for them.

This world will become ideal to the extent that you can perceive your higher spiritual ideals as manifest here and now. Men have put heaven away into the future because of their failure to realize that the things that they had hoped for in heaven were right here.

Live in heaven by living in your most exalted thoughts. Keep this higher thought and vision and, thereby, stay in heaven. Since you are spiritual in nature, your world is a spiritual habitation.

Our citizenship is in heaven .- Phil. 3:20.

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My Keynote for Today: I yield all tend. ency to think of myself or my affairs as related to failure or lack. In Spirit I have blenty, and my abundance now appears as usable supply.



O NOT personally identify hard times or bad luck as your own. Do not think of yourself as related to poverty and failure. Do not unify your own in-

dividuality with things that you do not desire

to have appear in your life.

In Spirit you are the son of God, heir to the Father's abundance. In absolute Truth, you are prosperous and successful. According to principle, only the law of prosperity can oper-

ate in you and in your affairs.

Remember that God's supply comes to you in usable form. God appears to you in the way in which He can best serve you. If you need food, your prayers are not answered by stones. but by bread. If you require clothing, then your prayer must be answered by the coming to you of the very thing desired and needed.

Should the son of God have plenty? What an inconsistency it would be for you-the son of your heavenly Father—to be without help, food, or supply! We could not justify such a lack.

God, who giveth us richly all things to enjoy. I Tim. 6:17.

My Keynote for Today: All sense of disease and weakness is now removed from my mind and my body. My indwelling Spirit of healing has healed and strengthened me.

NOW THAT disease, pain, and weakness have no place in Spirit; consequently, they do not exist in the higher truth of Being. Your spiritual body-

that which is the background of your body that appears—is without blemish, foulness, disease,

pain, or weakness.

You lose the sense of disease when it is no longer a truth to your consciousness. Disease ceases to be something when you realize that in Spirit and in Truth it cannot have place, being, or reality. In Spirit only the eternal verities can stand. In Truth God alone-as your life and health-is true.

Within you is your indwelling spirit of life. one with the great universal Spirit. From Spirit within you issues forth a stream of life You have but to turn from the and health. sense of disease and find the truth of your wholeness. Accept God as your great Physi-Look to Him when you need mental or physical healing or strength.

Within you are life, health, strength, and in-

vincible power.

I will take sickness away from the midst of thee. -Exod. 23:25.

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My Keynote for Today: There is nothing true about me save the truth of God-the truth of my wholeness and perfection.



IVING IN a world wherein imperfections are often brought to view, how easy it would be for a person to think of himself as limited, imperfect, or sin-

ful! Only Truth can save him from such thinking. Naught but Truth can deliver him from the falsehoods of life and cause him to realize that the truth about God and His perfect man is the truth about himself.

To the race belief that man is something full of evil, say, "Falsehood." Rise to the truth that in Spirit man is sinless, whole, and perfect. Accept the truth about God's perfect man as the truth about your own innate perfection. Apply the teachings of Jesus Christ to actual living and demonstration.

Do not think of a statement as true according as it is a commonly accepted belief of the race. Gauge the measure of its truth by the standard of principle, the truth of universal Be-

ing.

Your progress spiritually depends upon your ability to rise out of negative beliefs, the falsehoods of life, and realize the higher truths of Being.

Speak unto me nothing but the truth in the name of Jehovah.—I Kings 22:16.

My Keynote for Today: I free myself from all mental and physical tension through relaxing in the presence of God, infinite peace and rest.



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N THE PRESENCE of God, within us and about us, there can be no tension or strain. The presence of God gives relaxation and refreshment to

mind, soul, and body. In Spirit, we know that

life is without difficulty or uncertainty.

The presence of God—the presence of love, peace, and refreshment—bestows upon us the feeling and certainty that there is nothing in all the world to disturb us or to irritate us. We have the conscious realization that only God, the good, is true and that the only fact that is true about ourselves is the truth of His presence, freeing us from the tedium and strain of life, and causing us to know that all is well.

To free yourself from tension and strain, give up the belief that causes you to be tense. Cease thinking that persons and things can make you unhappy. No longer believe that situations and circumstances can bring you distress. Then turn in thought to God. Realize

the truth of His mighty presence.

He that dwelleth in the secret place of the Most

Shall abide under the shadow of the Almighty.

—Psalms 91:1.

My Keynote for Today: I cease to look to the failures and sorrows of the past and behold the opportunities and joys of today.

HEN LOT'S wife looked behind her, she became crystallized mentally and physically. She disobeyed a divine command and turned her vision to the

past. She feared that evil would overtake her in her flight to the mountain tops.

If we would escape to the mountains, the high hills of spiritual victory, we must keep our eyes upon the summit. If we choose to regard the evils and sorrows and failures of the past, our vision is misdirected. Those who look to yesterday live in it, in a dead past, in crystallized beliefs. Yesterday is no more. The present moment alone is alive.

Today is full of blessings and we must recognize that it is like a jealous god, in that we must give it our undivided attention. Neither the past nor the future matters to him who learns to live in the glorious today. The opportunities, blessings, and joys that we lay hold of today insure a happy future. We must live today. There is no other time in Spirit; no other time in which to enjoy life.

Escape for thy life; look not behind thee . . . But his wife looked back from behind him, and she became a pillar of salt.—Gen. 19:17, 26.

My Keynote for Today: I withdraw from the seeming trials of life and find my refuge in Spirit and in Truth. Christ is my savior and my deliverer.



OULD YOU like to know how to escape the petty annoyances of life? Do you long to withdraw from difficulties and adversities? Then know the truth that

in Spirit you are now free. In Truth you are now delivered. Your savior—Christ, the truth—is right at hand. By knowing the truth of your freedom, you shall be made free.

The truth saves you from ignorance and superstition. Your spiritual consciousness has power to deliver you from all limitation and adversity. Remember, Christ is your savior and your deliverer, saving you from the very thing from which you are now praying to be saved, delivering you from the very situation that at this moment seems to be most alarming.

Christ's saving work is a most practical one, one concerned with helping men and women in the world today, men involved in problems of business, women concerned with caring for the home and children.

God, my rock, in him will I take refuge; My shield, and the horn of my salvation, my high tower, and my refuge.

-II Sam. 22:3.

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